

## Conserves energy by switching off monitors if away for 15 minutes or more

### Did you know...

A computer and CRT monitor (without power saving features enabled) left on for a year will generate the same amount of carbon dioxide (300kg) as a car travelling from Sydney to Perth (4,100km). 80% of this energy is accounted for by the monitor.

<http://www.energystar.gov.au/why.html> (accessed 10/04)



CRT Monitor

***Switching off just your CRT monitor when not in use can spare about \$30 and almost 400 kilograms of greenhouse gas emissions per monitor annually!\****



Flat Screen Monitor

Though Flat Screen monitors consume approximately half the energy of a CRT monitor, switching off the screen will still save money and energy, and prevent the emission of unnecessary greenhouse gases. In addition, switching off the monitor extends the life of the screen since the screen's backlight is not left on, and helps prevent burn-in of images onto the screen.\*\*

### What you can do

Four steps to ensure that your monitor is 'Green':

1. **Switch your monitor off when away for 15 minutes or more.**
2. **Switch your monitor off** outside working hours.
3. **Do not use a screen saver** - this does not save energy!
4. Instead, adjust your power management settings to **put your screen to sleep** if it is not in use for more than five minutes.

Visit [www.anu.edu.au/facilities/anugreen/office/nrg.html](http://www.anu.edu.au/facilities/anugreen/office/nrg.html) for Mac and PC instructions.

\*Calculated for a CRT monitor, assuming typical work day 8-6pm, 221 days worked in year, average cost of electricity at \$0.08 per kWh.

\*\* IBM (personal communication, 2004). Apple (2004) <http://docs.info.apple.com/article.html?artnum=10639> accessed 11/04